



KEEPSAKE IDEAS FOR REMEMBERING A LOVED ONE

FREE GUIDE FROM LIGHT OF GRIEF



When a loved one is in the hospital, sometimes the smallest things become the most meaningful treasures. These keepsake ideas can help families create lasting memories and tangible reminders of their loved one's presence.



♥ FINGERPRINT KEPSAKES

- Fingerprint jewelry (rings, pendants, bracelets)
- Clay or ink fingerprint impressions



♥ HEARTBEAT & VOICE RECORDINGS

- Record a heartbeat using a stethoscope app/device
- Save audio of your loved one's laugh, voice, or words of love
- Create a visual "heartbeat strip" (printed or framed)



♥ HANDPRINTS & FOOTPRINTS

- Ink or clay handprints and footprints (especially for children)
- Framed prints on canvas or paper for display



♥ PERSONAL BELONGINGS

- A handwritten note or signature saved and framed
- A favorite blanket, scarf, or piece of clothing
- Lock of hair kept in a memory locket



♥ CREATIVE MEMORY IDEAS

- Pressed flowers from hospital visits or bedside arrangements
- A small journal where loved ones can write messages
- A keepsake box to hold all collected items



A Gentle Reminder

Every family's way of honoring and remembering is unique. Choose what feels right for you and take your time. These keepsakes can become a source of comfort for years to come.

♥ From our hearts to yours,
Light of Grief

